



@JDQSTUDIOS



JUST DANCE QLD



OFFERING ELITE DANCE TRAINING TO DEDICATED YOUNG DANCERS

UPSTAIRS I

DOWNSTAIRS I



MONDAY

1:15pm- 2:15pm Snr commercial extension
2:15pm-3:15pm Jnr + Snr combined commercial extension

TUESDAY

Want to enrol into a class?
Scan the QR code and follow the prompts



WEDNESDAY

THURSDAY

7:30am-8:30am Jnr+snr combined classical extension
8:30am-9:30am Snr classical extension

9:00am-9:30am Mini ballet and lyrical - Miss Mia
9:30am-10:00am Mini jazz and tap- Miss Mia

UPSTAIRS I

DOWNSTAIRS I

DOWNSTAIRS 2

MONDAY

3:30-4:15 JNR JAZZ - MISS JESS
4:15-5:00 JNR LYRICAL - MISS HOLLIE
5:00-5:45 JNR TAP- MISS HOLLIE
5:45-6:30 INTER TAP - MISS HOLLIE
6:30-7:15 14U MUSICAL THEATRE PT- MISS HOLLIE

3:30-4:15 LEVEL 4 BARRE
4:15- 5:00 LEVEL 3 BALLET BARRE
5:00-5:45 LEVEL 1 AND 2 BALLET BARRE
5:45- 6:30 INTER JAZZ
6:30-7:30 HEELS CLASS (STARTING TERM 2)

3:30-4:00 MINI TAP - MISS HOLLIE
4:00-4:30 MINI ACRO - MISS BIANCA

TUESDAY

3:30-4:15 LEVEL 1 ACRO - MISS ELEANOR/MISS BIANCA?
4:15-5:00 JNR HIPHOP - MISS ELEANOR
5:00-5:45 CHEERLEADING
5:45-6:15 POM - CHEER
6:15-7:00 HIP HOP - MISS ELEANOR

4:30:00-5:00 STRETCH AND STRENGTH
MISS RENEE
5:00-6:00 LEVEL 4 AND POINTE - MISS RENEE

3:30-4:00 MINI BALLET- MISS MIA /MISS BELLA
4:00-4:30 MINI JAZZ - MISS MIA / BELLA

WEDNESDAY

3:30-4:15 8S PT
4:15-5:00 LEVEL 2 ACRO - MISS JESS
5:00-5:45 10S PT MISS JESS
5:45-6:45 16S PT
6:45-7:30 SNR JAZZ - MISS JESS

3:30-4:15 IDT - JAZZ/ COMMERCIAL TECHNIQUE (ADVANCED)
4:15-5:00 IDT- (DEVELOPING)

5:00-5:45 ACTING ALL AGES

THURSDAY

3:30-4:30 LEVEL 3 ACRO -MISS JESS
4:30-5:15 INTER LYRICAL - MISS JESS
5:15-6:15 ACRO PT- MISS JESS
6:15-7:00 SNR LYRICAL/CONTEMP - MISS JESS

3:30-4:15 LEVEL 1 ACRO - MISS BIANCA
4:15-5:00 PRE LEVEL 1 ACROBATICS - MISS BIANCA /MISS MIA

3:30-4:00 MINI/ JNR (4-7) HIP HOP -MISS ELEANOR
4:15-5:00 JNR MUSICAL THEATRE - MISS ELEANOR
5:00-5:45 SNR MUSICAL THEATRE - MISS ELEANOR

FRIDAY

3:30-4:15 L 1 BALLET MISS RENEE
4:15-5:00 L 2 BALLET MISS RENEE
5:00-5:30 STRETCH AND STRENGTH MISS RENEE
5:30-6:15 L 3 BALLET MISS RENEE
6:15- 6:45 PRE POINTE CLASS

SATURDAY

9:00 - 10:00 AM EXTENTION BALLET WORKSHOPS - MISS MELISSA
10:00-10:30 POINTE EXTENSION
10:30 - 11:15 AM 12U BALLET PT - MISS MELISSA
11:15 - 12:00PM 14S BALLET PT

8:30-9:00 TINY ACRO (2-4 YEARS) - MISS BIANCA
9:00 - 9:45AM MINI ACRO (4-6 YEARS) - MISS BIANCA
9:45-10:15 MINI BALLET AND LYRICAL
10:15-10:45 MINI JAZZ AND TAP



OFFERING ELITE DANCE TRAINING TO DEDICATED YOUNG DANCERS



JUST DANCE QLD

Did You Know?

We offer package deals!

Mini/Tiny: \$390 per term to unlock unlimited classes

Jnr/Inter: \$900 per term to unlock unlimited classes

Inter/ Snr: \$1,050 per term to unlock unlimited classes

PRICING IS CHARGED PER CLASS LENGTH

30min Class - \$120per term

45min Class - \$150per term

1hr Class - \$175per term

Casual minis Thursday morning -
\$15 per lesson

Saturday open ballet class - \$220
per term / \$25 per lesson casual

Age brackets

Tiny = 2-4

Mini = 4-6

Jnr= 6-9

Inter = 9-12

Snr = 12 - 18

Jnr Extension - 1 hour \$200

Snr extension-2hours \$400

Extension classes are not covered by our package deals. These are an added extra.



ELITE EXTENSION PROGRAMS

Snr extension programs

Study and nationally recognised qualification in dance as an ELEVATE student with Empowerdance Pty Ltd RTO 40397

COMMERCIAL

Mondays 1:15-3:15PM

CLASSICAL

Thursdays 7:30-9:30AM

Enquire now for 2025

admin@jdqstudios.com



ELITE EXTENSION PROGRAMS

Jnr extension programs 9-12yrs

COMMERCIAL

Mondays 2:15-3:15PM

CLASSICAL

Thursdays 7:30-8:30AM

Enquire now

admin@jdqstudios.com



ELEVATE is a unique way for our students to study a National qualification through us, JDQ studios, and

Empowerdance Pty Ltd RTO 40397. We are thrilled to be an approved provider with

Empowerdance where our

students can use the classes they participate in with us and put them toward their Certificate.

Each week Empowerdance master trainers conduct our theory classes for our students via an online classroom

platform and then all of their theory

assessments are uploaded and completed

through the online portal, which

students will have access to, using their own log in.

Certificate III and IV students will have the opportunity to work alongside one of our dance teachers to gain

valuable experience for some of their student teaching and teaching units.

Students will also work alongside their peers for group assessments, and the nature of these qualifications

allows the student to have flexibility with their learning and be marked as Competent or not yet competent

Excepthence by application only

ENROL NOW

National Qualifications In Dance

COURSE DELIVERY:

LIVE ONLINE THEORY CLASSES WITH
EMPOWERDANCE & PRACTICAL CLASSES
IN STUDIO

Empowerdance
RTO 40397



ELEVATE

Study a National Qualification in Dance in our studio!

CUA10120	Cert I In Dance
CUA20120	Cert II In Dance
CUA30120	Cert III In Dance
CUA30320	Cert III In Assistant Dance Teaching
CUA40120	Cert IV In Dance
CUA40320	Cert IV In Dance Teaching & Management

COURSE DELIVERY: LIVE ONLINE THEORY CLASSES WITH
EMPOWERDANCE & PRACTICAL CLASSES IN STUDIO

Empowerdance
RTO 40397





Miss Jess

Director

Over the past 12+ years Jessica has been an award winning choreographer in acrobatics, contemporary, lyrical and jazz with soloists placing and becoming champions in Regional, State, National and World competitions. As the owner of Acrobatics Plus, Jess specialises in acrobatics and strives to push the boundaries of the genre. She also coaches gymnastics and has done so for the past 8 years.

Jessica is accredited as an Advanced coach by Gymnastics Australia and has also coached state champions in this field. Dance is her true passion, teaching at multiple schools all over the Sunshine Coast in a variety of genres and she is highly sort after. She prides herself on nurturing each student and adapting her training to excel the dancer in different areas that displays their strengths and talents.



Miss Bianca

Director

Miss Bianca has been around the dance and gymnastics world for almost her whole life (no she won't tell how long that is just that it's a long time). Dancing through her childhood she is now a mother of four. Three of whom are dancers. She owns the dance competition Light Up The Stage and Light It Up Runway and has a history of coaching multiple successful runway and pageant competitors. She is passionate about technique being a strong focus and is qualified to teach the IDT and acrolink syllabus but still believes that dance should be a place of fun, happiness and community. She has a passionate focus on senior dancers finding their place in the industry and that not all dancers will end up taking to the stage professionally but there are plenty of roles within the industry for them to move through. She can't wait to see the students at Just Dance QLD grow and thrive.



Miss Hollie



Hollie began her dance training on the Sunshine Coast at the age of 5 and has danced at Sunshine Coast Conservatory of Dance since the studio opened until 2017.

Hollie has trained in all dance genres and has completed RAD ballet exams as well as all CSTD jazz and tap exams. In 2017 Hollie successfully completed the CSTD Teachers Certificate in tap. She is also a qualified Acrobatic Arts teacher.

In 2016 Hollie performed in the musical 'Hairspray' in Brisbane. After graduating from USC in 2019 with a Bachelor of Nursing, Hollie is a Registered Nurse on the Sunshine Coast. She has now taught for almost 10 years at various studios across the Sunshine Coast sharing her knowledge and love for dance.

Hollie can't wait to share her passion and inspire a love for dance with the dancers of the future.



Miss Melissa



"I love to help and see others achieve their goals and dreams, there's nothing more rewarding."

Melissa has a special interest in dance physiotherapy, which includes pointe and turnout assessments, body conditioning, injury prevention and management. Melissa's background is in professional dance, a ballet career lasting 15 years dancing Soloist and Principal roles with the Queensland Ballet Company, Principal with the Tasmanian Ballet Company and various leading roles for Collusion, Lucid, Majestic Aerial Artists, and Hugo Fernandez Tango. Melissa's dance career gave the opportunity to perform overseas throughout Europe, Japan, Singapore and China, as well as regional and coastal Queensland and interstate.

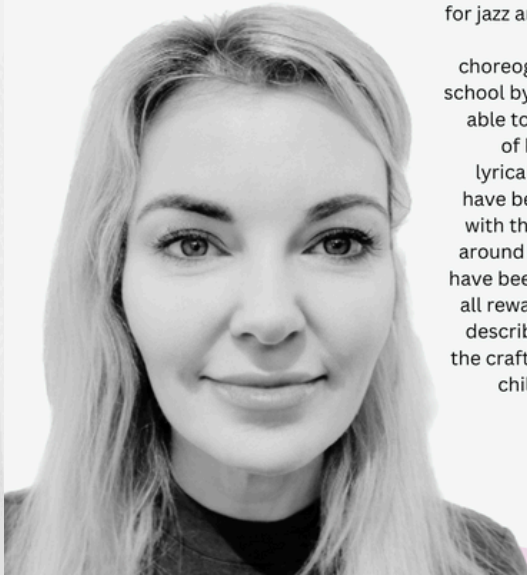
In 2015, Melissa was invited to speak on Dance injuries at the Cecchetti Society ballet conference and the Royal Academy of Dance summer workshops. Melissa has treated touring companies such as Le Ballet Preljocaj in 2015, as well as being the primary physio for the Brisbane Contemporary Prix, 2018 and 2019. Melissa has also been a casual physio for the Queensland Ballet Company since 2019 and in 2020 took up a part time position to help treat the students of the QLD Ballet Academy. Furthermore, in 2018

Melissa opened a unique mobile physio service for dancers. She has also completed a certificate 4 in Fitness, Personal Training and Pilates.



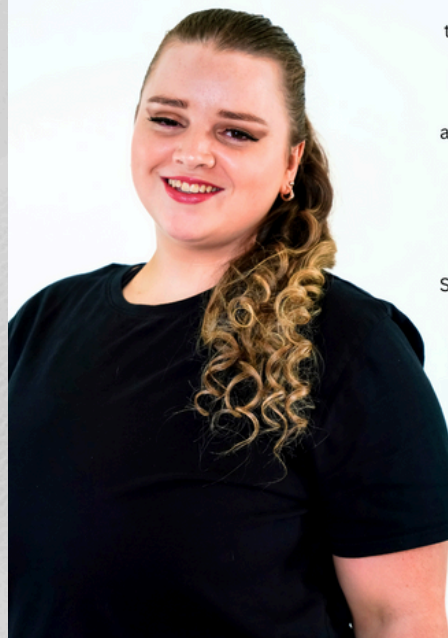
Miss Renee

My Name is Renee Penny Lane Foster named after the Beatles song Penny Lane. My father was a musical man and introduced very loud music of all genres when I was just a baby. When I was 4 ballet discovered me because I had terribly flat feet. I started dancing to correct this and never stopped. I've danced full time with The Queensland ballet performing in many shows and eisteddfords along the way. After full time dance I discovered a deeper love for jazz and went on to dance on cruise ships, theatre and free lance choreography. I owned my first ballet school by the time I was 25 where I was able to bring my knowledge and love of ballet, jazz, contemporary and lyrical to life through my students. I have been teaching for over 20 years with the majority of my career based around ballet and jazz. All my schools have been very successful but most of all rewarding beyond what words can describe. I am very passionate about the craft of dance and how I can teach children to feel the same burning desire that can last a lifetime.



Miss Eleanor

Miss Eleanor, a dancer with over 11 years of dance experience. Her favourite styles are hip hop, jazz and heels. Beginning her journey as a child taking ballet and gymnastics she then realised her true love for cheer and dance and joined multiple teams and went on to compete at many comps including AASCF. She then joined HBDS (Hervey Bay Dance School) where she began teaching baby ballet, Junior level 1 cheer and Junior jazz classes. She was also accredited with certificate 3 in dance through RAW. In 2019 she started teaching her own classes of jazz, hip hop, tap and acro, all while competing as a sololist from 2018-2022. In 2021 she moved to Sunshine Coast and joined Burlesque L'amour and currently trains in burlesque, cabaret, hip hop, lyrical and commercial heels. Eleanor has always had a passion for dance and enjoyed working with the next generation of dancers. She loves to watch them flourish and learn and accomplish new skills.



DRESS CODE

HAIR IN A NEAT BUN

BALLET LEOTARD

BALLET TIGHTS OR
BALLET SOCKS FOR
JNR/ MINI STUDENTS

CANVAS BALLET
SHOES



BALLET

OTHER CLASSES

HAIR IN A NEAT BUN
OR PONY TAIL

CROP TOP • TIGHT FIT T
SHIRT OR SINGLET •
LEOTARD

SHORTS • LEGGINGS •
UNITARD

IF REQUIRED FOR THE
GENRE
JAZZ SHOES • HALF
SOLES • SNEAKERS • TAP
SHOES



JQ
STUDIOS



JOIN OUR PARENTS FACEBOOK GROUP

- Keep up to date
- Ask questions
- Network with other parents



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